



Simple Plate Formula Cheat Sheet



*Fit Firm
& Fabulous*

A woman's guide to easy
weight loss, wellness and beauty

WELCOME

Most women don't need more food rules.

They need fewer decisions.

Plate formulas reduce overwhelm by answering one question simply:

"How do I build a meal that supports me right now?"

Instead of tracking or memorizing plans, formulas provide:

- Visual clarity
- Built-in balance
- Flexibility across lifestyles
- Consistency without rigidity

This approach makes nourishing yourself feel steadier and more intuitive.

WHAT THIS CHEAT SHEET IS (AND ISN'T)

This guide is:

- A visual framework, not a meal plan
- Flexible across preferences
- Supportive during busy or low-energy days

This guide is not:

- A rigid eating rulebook
- A demand to eat the same way every day
- A tracking system

Use these formulas as anchors, not obligations.

HOW TO USE THE PLATE FORMULAS

- Choose the formula that fits your current energy
- Build meals visually – no measuring
- Adjust portions based on hunger
- Pair meals with hydration and calm eating

One supportive plate is enough to make a difference.

THE PLATE FORMULAS

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BALANCED PLATE FORMULA

A supportive option for daily nourishment and steady energy.

Visual breakdown:

- ½ plate: Non-starchy vegetables
- ¼ plate: Protein
- ¼ plate: Carbohydrates
- Add fat as needed for satisfaction

Why it works:

This combination supports energy, digestion, and satiety without heaviness.

Ideal for:

- Most everyday meals
- Moderate activity days
- Those who prefer balance

KETO-STYLE PLATE FORMULA

A lower-carbohydrate option that emphasizes fats and proteins.

Visual breakdown:

- 1/2 plate: Low-carb vegetables
- 1/3 plate: Protein
- 1/3 plate: Healthy fats
- Minimal to no starchy carbs

Why it works:

This approach emphasizes satiety and steady energy for those who feel better with fewer carbohydrates.

Use when it feels supportive – not forced.

INTERMITTENT FASTING-FRIENDLY PLATE

Designed for those eating within a time window.

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- Larger protein portion
- Ample vegetables
- Healthy fats for satiety
- Carbohydrates based on preference

Why it works:

When eating fewer meals, nutrient density matters.

This formula ensures meals feel sustaining rather than rushed or incomplete.

ADAPTING FORMULAS TO REAL LIFE

These formulas flex easily.

Adjust based on:

- Activity level
- Stress or burnout
- Appetite
- Seasons and schedules

Some days call for more carbohydrates.

Some days need extra fats or simpler meals.

Support responds to context.

BUILDING A SUPPORTIVE MEAL RHYTHM

Consistency doesn't require repetition.

Try this:

- Use one formula most often
- Rotate others as needed
- Let meals change day by day

The goal is **reducing thought load**, not controlling food.

WHEN EATING FEELS OFF

If food feels stressful, scattered, or confusing:

Try this:

- Return to visuals
- Choose simplicity
- Remove judgment

One supportive plate can reset momentum.

USING THIS CHEAT SHEET WITH OTHER SUPPORT

Plate formulas work best when paired with:

- Gentle routines
- Supportive snacks
- Consistent timing

Reduced decision fatigue

Structure supports nourishment – not perfection.

TAKE THE NEXT SUPPORTIVE STEP

If these plate formulas made eating feel clearer or less overwhelming, that's an important signal. Many women benefit from **ongoing guided support** that builds on this clarity – especially during busy or stressful seasons.

Our **Supportive eBook Library** was created for women who want:

- Clear, repeatable eating frameworks
- Gentle structure without restriction
- Support across meals, snacks, and routines
- Guidance that adapts to real life

Structure supports nourish. Inside the library, you'll find eBooks designed to help turn simple formulas into sustainable daily rhythms – so nourishing yourself becomes easier and more consistent over time.

When you're ready, explore the eBooks that align with your current focus on balanced nourishment and steady energy, and continue forward with support that carries you – not pressures you. **ment** – not perfection.

CLOSING

Eating well doesn't require precision.

Clarity, consistency, and support

are what make nourishment sustainable.

You're allowed to keep it simple.